



Quick News

Volume 1, Issue 2

MAKE RARI ROAR!

April 1, 2021



Greetings From the President

Today, although not the first official day of Spring, has me contemplating the joy that accompanies warmer weather, blooming flowers and working in the garden. I am so looking forward to this after the past year. I hope you have Spring rituals that nurture you as well.

I think we are at an important crossroads not only with the pandemic, but with the trajectory reflexology is taking. It is becoming more and more apparent that we need to present a very strong front and make critical decisions about our collective future. With more pressure from those who want to “have us under their umbrellas”, it is more important than ever that each and every one of us takes some action to help maintain an independent profession. There is talk at the national level about requiring reflexologists to be licensed, and the thoughts are to grandfather those who are currently in practice. This would elevate the profession and remove any doubts about the legitimacy of reflexology.

No time to be in the forefront? No problem. In the meantime, you can write letters to your representatives regarding why our practice is different from any other and most specifically, different from massage. You can also place calls to your representatives and let your thoughts be known. You can educate non-reflexologists about the profession, and they in turn will be able to have informative conversations with others should the subject come up. I’m sure there are many other approaches, and the board would love to hear what your thoughts are. Let us not allow anyone or any entity decide our future. Please call, email, or text any one of the Board members with your thoughts and ideas. Our contact information is included in this newsletter.

We are beginning a new feature in our newsletters that involve you, the most important reason RARI exists. We asked for members to contribute information, ideas, clinical stories or anything else they feel is noteworthy. I am excited to announce that Julie Bailis is our first contributor! Read on to find her presentation, complete with video links.

Namaste, *Dawn*

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Please join us for our next membership meeting via Zoom:

April 15th from 6:30 to 8:00 pm.

Zoom ID 771 668 3563 Password 6efri

Important discussion for all members: Reflexology as an independent profession.



Julie Bailis

Hand Self-Care & Hand Reflexology

A few weeks ago, I hosted a Facebook Live event called,

“Self-Reflexology to Reduce Stress & Tension”

In the video, I talk about:

- ◆ What Reflexology is
- ◆ How Reflexology is different from massage
- ◆ How reducing stress and tension in the hands can help reduce stress & tension all over your body, especially in the upper body
- ◆ Why I teach my clients self-hand reflexology versus self-foot reflexology

I also lead them through a hand self-reflexology session and even show them some products they can purchase to enhance their self-reflexology experience. I am sharing the link to the video (<https://youtu.be/DZgQ0LJ7Z1s>) with you for a number of reasons:

Self-Care

As reflexologists and healers, self-care and especially any self-care focused on our hands can be beneficial for our physical and emotional well-being. Having healthy hands can also help us avoid injury and prolong the length of our careers. Lastly, taking time out to replenish can help us avoid feeling overwhelm and burn-out.

Education

I also created the video to help educate others. As reflexologists, we are ambassadors of the field. It is our responsibility to educate our clients and the public at large about Reflexology, what it is, the benefits of Reflexology, and how it is different from massage.

BUT—How do we get the word out?

- ◆ Educate our clients during our sessions
- ◆ Inform potential clients on our websites and promotional materials
- ◆ Use social media to start conversations

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Connection

Hosting weekly Facebook Live events since January of this year has been a wonderful way for me to stay connected to my community. It has also been a wonderful excuse for me to interview some of my favorite people about topics that interest me! Topics have ranged from “Falling Asleep Naturally” to “Simple Ways to Follow an Anti-Inflammatory Diet”.

What is Facebook Live & How does it help us connect?

If you have never seen a Facebook Live, I recommend that you watch one, even mine!. As you view a Facebook Live event, you will notice that it is raw and unpolished. At first, I found that intimidating. People will see me stumble and things might not work! I now believe that it is this rawness, this unpolished attempt at communication and connection that is missing from a lot of social media. It is something that people also appreciate and crave. It is clear from the video that I am a real person. You can hear my blind dog whining in the background and at one point I even pick her up and sit her on my lap.

I could go on and on about ways to use social media to connect and create community online and maybe I will on another day. For now, [please watch the video for yourself](#), share with clients, friends, and loved ones, and even try hosting a Facebook Live event yourself.

I would love to hear from you. If you have any questions, comments, or stories to share, please feel free to email me at julie@replenishhealingarts.com, or better yet, post your questions on the [RARI FB page](#), so we all can join in on the conversation.

You can also view more of my Facebook Live Interviews on my [Facebook Page](#) and [Youtube Channel](#)

RARI Board Members

Dawn Franceschini, President - Tel: 401-241-8093 - franceschini.dawn@gmail.com,

Geri Marandola, Vice President - Tel: 401-524-0333 - geri007@verizon.net

Dana Moriarty, Treasurer - Tel: 401-206-7284 - Beautifulife.dm@gmail.com

Barbara Hodson, Secretary - Tel: 508-954-7475 - Bheavey-hodson@cox.net

Dee D’Atri—Director - Tel: 401-332-9433 - darlindatri@gmail.com

Nancy Bartlett — Newsletter

If you have questions, comments or ideas, we would like to hear from you. Our members are our greatest asset.

Reflexology Association of Connecticut (RACT)

Congratulations to our Reflexology colleagues in CT! RACT has reformed and is currently recruiting new and former members. The Association has been meeting monthly since September 2020 via Zoom. They are off to a great start! If you have any questions, want to join RACT or know someone who may be interested please contact a member of the RACT Board of Directors:

Melissa Whited, President nrgyhlr17@gmail.com

Julie Ballis, V. President, juliebailis@gmail.com

Heather Smith, Treas. heather.reflexologist@yahoo.com

Virginia Barbee, Sec. vb1@att.net

REFLEXOLOGY DEFINITION (Approved by RAA, ARCB, NCRE)

Reflexology, an Integrative health practice, maps a reflection of the body predominately on the feet, hands, and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally

Important Websites/Links for help and information

www.reflexologyri.com - Reflexology Association of R.I.

[Facebook](#) - Reflexology Association of Rhode Island

www.RIHHA.org - R.I. Holistic Healing Association

www.rivellnessguide.com - Free Listing of your business

www.reflexology-usa.org - Reflexology Association of America

www.arcb.net - American Reflexology Certification Board

www.reflexedu.org - National Council for Reflexology Educators

ICR-reflexology.org - International Council of Reflexology